

## **CREATIVE HEALTH & HERBAL NUTRITION**

### **Iridology**

The 2,000 year old art, known as Iridology, was developed by the ancient Chinese and was brought to western civilization in the 20<sup>th</sup> century.

Iridology is the science of analyzing the delicate structures of the iris of the eye. The iris is the portion of the eye that carries the color. Under magnification, the iris reveals itself to be a world of minute detail and a land of many features.

The iris reveals body constitution, inherent weaknesses, levels of health and the transitions that take place in a person's body according to the way he or she lives.

The iris represents a communication system capable of handling an amazing quantity of information.

Through the application of Iridology, it is possible to observe normal and abnormal reflex signs. It does not compare all people together to create a normal, but rather compares an individual's strengths to their weaknesses.

The iris of the eye is the most complex tissue of the body meeting the outside world. It is an extension of the brain, being incredibly endowed with hundreds of thousands of nerve endings, microscopic blood vessels, muscle and other tissues.

The iris is connected to every organ and tissue of the body by way of the brain and nervous system. The nerve fibers receive their impulses by way of their connections to the optic nerve, optic thalami and spinal cord. They are formed embryologically from mesoderm and neuro-ectoderm tissues. Both sympathetic and para-sympathetic nervous systems are present in the iris.

In this way, nature has provided us with a miniature television screen showing the most remote portions of the body by way of nerve reflex responses. We are discovering that the eye works two ways: Not only does it enable us to bring images of the outside world within, it also shows images of what is within to the outside.

Nerve Fibers in the iris respond to changes in body tissues by manifesting a reflex physiology that corresponds to specific tissue changes and locations.

The iris reveals an individual's strengths and weaknesses and what has been done to the body through incorrect living habits. It also reveals the wonder of one who has lived a good life according to the laws of nature.

The eye has been proclaimed through the ages as the "mirror of the soul" and now we also acknowledge it as the window to the physical body and mental thoughts.